



Go On a TIME Hunt

Directions: For one week log the amount of time that you spend on each of the listed activities. At the end of the week, add up the amount of time that you spent on each activity as well as a total for all activities. Rank the activities in order of the amount of time spent. Then look at the top three and plan to reduce each by 30-minutes. Use this time to get three 30-minute physical activity sessions in.

| Activity | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Total Time | Rank |
|---------------------------------|-----|------|-----|------|-----|-----|-----|------------|------|
| Non-work related phone calls | | | | | | | | | |
| Non-work related emails | | | | | | | | | |
| Lunch break | | | | | | | | | |
| Daydreaming | | | | | | | | | |
| Watching television | | | | | | | | | |
| Listening to the radio | | | | | | | | | |
| Playing on the computer | | | | | | | | | |
| Playing video games | | | | | | | | | |
| Visiting with neighbors/friends | | | | | | | | | |
| Total Time for all activities | | | | | | | | | |

The three activities that I will reduce by 30-minutes are:

| |
|----|
| 1- |
| 2- |
| 3- |